



SUPER FOODS



WHAT ARE SUPER FOODS?

- Foods found in nature that are calorie sparse but nutrient dense
- Superior sources of anti-oxidants and essential nutrients
- Health benefits:
 - Prevent or reduce inflammation
 - Help regulate metabolism and burn body fat
 - Lower total cholesterol
 - Lower blood pressure
 - Help protect against heart disease
 - Help protect against cancer
 - Help protect organs from toxins
 - Promote digestive health



TOP 8 NUTRIENTS YOU MAY BE MISSING

1. Potassium

- Helps keep blood pressure healthy
- Found in potatoes, sweet potatoes, lentils, spinach, avocado, yogurt and bananas

2. Magnesium

- Decrease risk of osteoporosis, high blood pressure, diabetes, muscle cramps and heart disease
- Found in spinach, beans, peas, pumpkin seeds, sunflower seeds, okra, broccoli, squash, lentils and nuts (especially almonds)



TOP 8 NUTRIENTS YOU MAY BE MISSING

3. Vitamin A

- Key in supporting good vision, healthy immunity and tissue growth
- Found in sweet potatoes, carrots, spinach and winter squash

4. Vitamin E

- Antioxidant that is important for immunity, healthy skin and good vision. May reduce plaque buildup in blood vessels
- Found in almonds, hazelnuts, sunflower seeds, olives, avocado, oatmeal, asparagus, spinach, mango and oils such as safflower and sunflower oil



TOP 8 NUTRIENTS YOU MAY BE MISSING

5. Vitamin C

- Antioxidant that helps protect cells from damage, boosts the growth of bone and tissue, boosts immunity
- Found in many fruits and vegetables including broccoli, brussels sprouts, strawberries, kiwi, guava, papaya, cantaloupe, orange, cabbage and mustard greens

6. Calcium

- Helps maintain muscle function and heart rhythm. May help prevent high blood pressure. Aids in healthy bone growth and preservation
- Found in yogurt, milk, sesame seeds, bok choy, okra, almonds, trout, tofu and broccoli



TOP 8 NUTRIENTS YOU MAY BE MISSING

7. Iron

- Responsible for transporting oxygen to cells and tissues throughout the body
- Iron-deficiency anemia (common in pregnant women)
- Sources: Beef, turkey, light meat chicken, oatmeal, soybeans, kidney beans

8. Folic Acid (Synthetic form of the B vitamin Folate)

- Vital for protection against neural-tube defects, cleft lip and/or palate in pregnant women
- Baby absorbs folic acid with twice the efficiency of food folate, but folate-rich foods are important too
- Found in lentils, spinach, broccoli and orange juice



GREEN SUPER FOODS

- Highest concentrations of easily digestible nutrients, fat burning compounds, vitamins and minerals
- Contain a wide array of beneficial substances including proteins, protective photo-chemicals and healthy bacteria helping you to build cleaner muscles and tissues, aid your digestive system function and more effectively protect you against disease and illness
- Examples:
 - Wheat grass
 - Barley grass
 - Wilde blue-green algae
 - Spirulina
 - Chlorella
 - Green leafy vegetables



ANTIOXIDANTS

- What is an antioxidant?
 - Vitamins, minerals and other nutrients that protect and repair cells from damage caused by free radicals
- Antioxidants can help ward off infections like colds and flu
- Three major antioxidant vitamins are beta-carotene, vitamin C and vitamin E
 - Found in colorful fruits and vegetables, especially those with purple, blue, red, orange and yellow hues



BEST FOODS FOR ANTIOXIDANT TYPES

Beta-Carotene and other carotenoids	Vitamin C	Vitamin E	Zinc	Selenium	Other antioxidants
<ul style="list-style-type: none"> •Apricots •Asparagus •Beets •Broccoli •Cantaloupe •Carrots •Corn •Green peppers •Kale •Mangos •Turnip •Collard greens •Nectarines •Peaches •Pink grapefruit •Pumpkin •Squash •Spinach •Sweet potato •Tangerines •Tomatoes •Watermelon 	<ul style="list-style-type: none"> •Berries •Broccoli •Brussels spouts •Cantaloupe •Cauliflower •Grapefruit •Honeydew •Kale •Kiwi •Mangoes •Nectarines •Orange •Papaya •Red, green or yellow peppers •Snow peas •Sweet potato •Strawberries •tomatoes 	<ul style="list-style-type: none"> •Broccoli •Carrots •Chard •Mustard and turnip greens •Mangoes •Nuts •Papaya •Pumpkin •Red peppers •Spinach •Sunflower seeds 	<ul style="list-style-type: none"> •Oysters •Red meat •Poultry •Beans •Nuts •Seafood •Whole grains •Dairy products 	<ul style="list-style-type: none"> •Brazil nuts •Tuna •Beef •Poultry •Grain products 	<ul style="list-style-type: none"> •Prunes •Apples •Raisins •All berries •Plums •Red grapes •Alfalfa sprouts •Onions •Eggplant •Beans



OMEGA-3 FATTY ACIDS

- Omega -3s EPA and DHA can boost heart health, reduce inflammation and lower triglycerides
- May help with rheumatoid arthritis, depression and many more conditions
- Essential fatty acids that are body needs but cannot make on it's own, so we need them from our diet
- Sources include: anchovies, bluefish, herring, mackerel, salmon (wild more than farmed), sardines, sturgeon, lake trout and tuna
- Good sources of ALA (which convert into omega-3 fatty acids in the body) include walnuts, flax and flaxseed oil, canola oil, olive oil and soybean oil



FIGHTING CANCER BY THE PLATEFUL

- At mealtimes, strike a balance of at least 2/3 plant-based foods and no more than 1/3 animal protein
- Colorful fruits and vegetables are rich in cancer-fighting nutrients (the more color, the more nutrients)
- Folate is an important B vitamin that may help protect against cancers of the colon, rectum and breast
 - Find in melons, strawberries, spinach, asparagus, sunflower seeds and eggs
- Beans contain potent phytochemicals that protect the body's cells against damage that can lead to cancer



SUPER FOODS FOR LOWER CHOLESTEROL

- **Fatty Fish** such as tuna, salmon, trout, sardines and herring don't have an impact on bad LDL cholesterol, but they do lower triglycerides and boost good HDL cholesterol slightly
- **Nuts** such as almonds, walnuts, hazelnuts, pecans and pistachios lower triglycerides
 - Both fatty fish and nuts contain omega-3 fatty acids: EPA and DHA
- **Oatmeal and Oat Bran** contain high levels of soluble fiber that lower cholesterol levels
- **Olive Oil** is high in monounsaturated fat and seems to lower bad LDL cholesterol levels



SUPER FOODS FOR FIBER INTAKE

- Eat more fruits and vegetables
 - Experts say that you should eat at least 2 cups of fruit and 2.5 cups of vegetables per day
 - Consume at least 28g – 32g of fiber a day
- Eat more whole grains
 - When grains are refined, the fiber is removed. Opt for whole grains when you can.
 - Oatmeal, barley, bran and brown rice
- Drink water
 - If you add more healthy fiber to your diet, add more water too to decrease your risk of constipation



SOY

- Soy is possibly effective for:
 - High cholesterol
 - Hot flashes caused by menopause
 - Reducing the risk of osteoporosis
 - Reducing the risk of developing breast cancer
 - Reducing the duration of diarrhea in infants
 - Preventing and treating diabetic nerve problems
 - Providing nutrition to infants who can't digest milk sugars
 - Reducing protein in the urine of people with kidney disease
 - Treating diabetes type 2



TOP SUPER FOODS FOR HEALTH PROTECTION

- Beans
- Blueberries
- Broccoli
- Oats
- Oranges
- Pumpkin/Squash
- Salmon
- Soy
- Spinach
- Tea (green or black)
- Tomatoes
- Walnuts
- Almonds
- Yogurt (Greek Style)
- Brown rice



SUPER FOODS FOR ENERGY

○ Top 10 Favorite Energy Foods

1. Whole wheat pasta
2. Oatmeal
3. Fruit smoothies made with low-fat yogurt
4. Peanut butter
5. Dried fruit (apricots, cranberries, raisins, figs)
6. Yams
7. Beans
8. Apples
9. Carrots
10. Chickpeas



WATER: THE SUPER LIQUID

- Think of water as a nutrient your body needs that is present in liquids, plain water, and foods. All of these are essential daily to replace the large amounts of water lost each day
- 1. Drinking water helps maintain the balance of body fluids
- 2. Water can help control calories
- 3. Water helps energize muscles
- 4. Water helps keep skin looking good
- 5. Water helps your kidneys
- 6. Water helps maintain normal bowel function



SUPER FOOD RECIPE

Whole Wheat Pasta with Spinach and Tomatoes

- 1 12-16 oz box whole wheat pasta, cooked al dente
 - 1 pkg fresh spinach
 - 1 15oz can of chopped tomatoes
 - 3-4 cloves garlic, minced
 - 1 Tbs extra virgin olive oil
 - Sea salt
 - Ground black pepper
 - Parmesan cheese (optional)
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- Cook pasta in lightly salted boiling water according to package directions. Drain and set aside. In a large sauté pan, sauté garlic in olive oil until lightly brown, about 3 minutes. Add bag of spinach, tossing spinach lightly until reduced and lightly cooked. Add tomatoes, salt and pepper. Cook until heated. Toss spinach and tomatoes with pasta in a large bowl. Serve with parmesan cheese if desired. **Quick dinner the whole family will love!**

